



Microwave vegetables with nut vinaigrette

Ingredients (serves 1)

- 1 medium potato
- ½ courgette
- A handful of green beans
- A handful of peas
- 1 tbsp of roasted nuts
- Parsley
- Extra virgin olive oil
- Salt (skip in case of hypertension or fluid retention)

Method

1. Peel and cut the potato into eighths.
2. Wash and cut the courgette into finger-thick sized pieces.
3. Wash and cut the green beans in smaller pieces.
4. Place the vegetables into a microwaveable container, season with salt and add a tablespoon of water on top.
5. Cover and cook in the microwave for five minutes at maximum power.
6. Remove from the microwave, add the peas and another tablespoon of water and cook for further three minutes.
7. Crush the nuts and mix with a tablespoon of extra virgin olive oil and a pinch of chopped parsley.
8. Take the container out of the microwave, serve the vegetables on a plate and season with the vinaigrette.

Recommendations

Different vegetables can be used depending on the season (onion, carrot, pepper, aubergine, etc.), make sure they are all cut to the same size.